

Central Districts Records - Three Lift

Three Lift Records As At 1st March 2008

Men's

		Squat	Benchpress		Deadlift		Total	
Men's Sub Junior Records.								
52 kg	90	Standard	50	Standard	90	Standard	230	Standard
56 kg	100	Standard	55	Standard	100	Standard	255	Standard
60 kg	161	Matt Jonson	92.5	Matt Jonson	176	Matt Jonson	427.5	Matt Jonson
67.5 kg	120	Standard	65	Standard	120	Standard	305	Standard
75 kg	130	Standard	70	Standard	130	Standard	330	Standard
82.5 kg	140	Standard	75	Standard	140	Standard	355	Standard
90 kg	150	Standard	80	Standard	150	Standard	380	Standard
100 kg	160	Standard	85	Standard	160	Standard	405	Standard
110 kg	170	Standard	90	Standard	170	Standard	430	Standard
125 kg	180	Standard	95	Standard	180	Standard	455	Standard
125+ kg	190	Standard	100	Standard	190	Standard	480	Standard

Men's Junior Records.								
52 kg	110	Standard	60	Standard	110	Standard	280	Standard
56 kg	120	Standard	65	Standard	120	Standard	305	Standard
60 kg	177.5	Matt Jonson	92.5	Matt Jonson	185	Matt Jonson	442.5	Matt Jonson
67.5 kg	225	Matt Jonson	150	Matt Jonson	237.5	B Howell	595	Matt Jonson
75 kg	230	Matt Jonson	157.5	Matt Jonson	235	Matt Jonson	622.5	Matt Jonson
82.5 kg	160	Standard	85	Standard	160	Standard	405	Standard
90 kg	280	Justin Brown	180	Justin Brown	260	Justin Brown	710	Justin Brown
100 kg	280	T Rangihuna	172.5	A Kihi	280	P Rowden	690	P Rowden
110 kg	285	T Rangihuna	160	T Rangihuna	277.5	T Rangihuna	722.5	T Rangihuna
125 kg	310	T Rangihuna	165	T Rangihuna	272.5	T Rangihuna	747.5	T Rangihuna
125+ kg	210	Standard	110	Standard	210	Standard	530	Standard

Men's Open Records.								
52 kg	130	Standard	70	Standard	130	Standard	330	Standard
56 kg	140	Standard	75	Standard	140	Standard	355	Standard
60 kg	177.5	Matt Jonson	140	C Chelley	185	Matt Jonson	442.5	Matt Jonson
67.5 kg	225	Matt Jonson	150	Matt Jonson	225	Matt Jonson	595	Matt Jonson
75 kg	250	Matt Jonson	170	M Jonson	250	M Jonson	665	M Jonson
82.5 kg	265	C McMillan	185	Matt Jonson	260	Bernt Clapperton	690	Matt Jonson
90 kg	282.5	Marty Potaka	185	Craig McMillan	280	Craig McMillan	742.5	Craig McMillan
100 kg	300	Justin Brown	200	Justin Brown	314.5	Nickolas Hansen	780	Justin Brown
110 kg	382.5	Derek Pomana	245	Derek Pomana	367.5	Derek Pomana	970	Derek Pomana
125 kg	385	Derek Pomana	260	W Pomana	350	D Pomana	945	D Pomana
125+ kg	380	Wayne Pomana	245.5	Wayne Pomana	320	Wayne Pomana	922.5	Wayne Pomana

Men's Master-1 Records.								
52 kg	90	Standard	50	Standard	90	Standard	230	Standard
56 kg	100	Standard	55	Standard	100	Standard	255	Standard
60 kg	110	Standard	60	Standard	110	Standard	280	Standard
67.5 kg	120	Standard	65	Standard	120	Standard	305	Standard
75 kg	240	B Clapperton	122.5	B Clapperton	225	B Clapperton	577.5	B Clapperton
82.5 kg	227.5	R Hopkins	132.5	R Lowry	250	R Hopkins	600	R Hopkins
90 kg	260	Phil Emmett	120	Phil Emmett	290	Phil Emmett	675	Phil Emmett
100 kg	250	Kevin Smith	160	N Toulis	265.5	Brent Guthrie	650	Kevin Smith
110 kg	320	Tavita Lipine	200	Bill Henderson	325	B Henderson	832.5	B Henderson
125 kg	310.5	B Henderson	200.5	Bill Henderson	312.5	Bill Henderson	805	Bill Henderson
125+ kg	280	M Davis	165	Able Uiese	260	M Davis	695	M Davis

Men's Master-2 Records.								
52 kg	90	Standard	50	Standard	90	Standard	230	Standard
56 kg	100	Standard	55	Standard	100	Standard	255	Standard
60 kg	110	Standard	60	Standard	110	Standard	280	Standard
67.5 kg	120	Standard	65	Standard	120	Standard	305	Standard
75 kg	130	Standard	70	Standard	130	Standard	330	Standard
82.5 kg	140	Standard	75	Standard	150	Standard	355	Standard
90 kg	150	Standard	80	Standard	140	Standard	380	Standard
100 kg	210	Warren Trent	137.5	Warren Trent	230	P Meihana	552.5	Warren Trent
110 kg	320	Tavita Lipine	185	Tavita Lipine	310	Tavita Lipine	815	Tavita Lipine
125 kg	285	Willie Pakoti	150	Willie Pakoti	242.5	Willie Pakoti	672.5	Willie Pakoti
125+ kg	190	Standard	100	Standard	190	Standard	480	Standard

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Three Lift Records As At 1st March 2008

Women's

		Squat	Benchpress		Deadlift		Total	
Women's Junior Records.								
44 kg	55	Standard	25	Standard	55	Standard	135	Standard
48 kg	60	Standard	25	Standard	60	Standard	145	Standard
52 kg	65	Standard	27.5	Standard	65	Standard	157.5	Standard
56 kg	75	S Burgess	37.5	S Burgess	80	S Burgess	190	S Burgess
60 kg	77.5	M Court	37.5	M Court	95	M Court	210	M Court
67.5 kg	127.5	J Woolridge	65	J Woolridge	145	J Woolridge	337.5	J Woolridge
75 kg	162.5	J Woolridge	87.5	J Woolridge	175	J Woolridge	420	J Woolridge
82.5 kg	90	Standard	40	Standard	90	Standard	220	Standard
90 kg	95	Standard	42.5	Standard	95	Standard	232.5	Standard
90+ kg	100	Standard	45	Standard	100	Standard	245	Standard

Women's Open Records.								
44 kg	80	Standard	25	Standard	80	Standard	185	Standard
48 kg	85	Standard	30	Standard	85	Standard	200	Standard
52 kg	112.5	C McMillan	70	C McMillan	110	C McMillan	270	C McMillan
56 kg	122.5	Maria Brightwater-wharf	77.5	Celia McMillan	152.5	Maria Brightwater-wharf	340	Maria Brightwater-wharf
60 kg	135	Maria Brightwater-wharf	72.5	Maria brightwater-wharf	160	Maria brightwater-wharf	365	Maria brightwater-wharf
67.5 kg	127.5	Janelle Woolridge	75	S Wallis	147.5	A Oatham	340	S Wallis
75 kg	162.5	Janelle Woolridge	87.5	Janelle Woolridge	175	Janelle Woolridge	420	Janelle Woolridge
82.5 kg	115	Standard	60	Standard	115	Standard	290	Standard
90 kg	120	Standard	65	Standard	120	Standard	305	Standard
90+ kg	125	Standard	70	Standard	140	R Goldsmith	320	R Goldsmith

Women's Master-1 Records.								
44 kg	55	Standard	25	Standard	55	Standard	135	Standard
48 kg	60	Standard	25	Standard	60	Standard	145	Standard
52 kg	65	Standard	27.5	Standard	65	Standard	157.5	Standard
56 kg	75	P Joros	45	P Joros	87.5	P Joros	200	P Joros
60 kg	150	Maria Brightwater-Wharf	85	Maria Brightwater-Wharf	165	Maria Brightwater-Wharf	397.5	Maria Brightwater-Wharf
67.5 kg	115	Christine Newman	62.5	Christine Newman	135	Christine Newman	317.5	Christine Newman
75 kg	115	Christine Newman	67.5	Christine Newman	140	Christine Newman	317.5	Christine Newman
82.5 kg	90	Standard	40	Standard	110	B Heron	230	B Heron
90 kg	95	Standard	42.5	Standard	95	Standard	232.5	Standard
90+ kg	100	Standard	45	Standard	100	Standard	245	Standard